CLAIMS

We claim:

1. A composition comprising a lecithin fatty acid, an olive oil fatty acid, an esterified fatty acid and mixed tocophenols.

2. The composition of claim 1, wherein the lecithin fatty acid is about 1% to about 10% of the composition.

3. The composition of claim 1, wherein the lecithin fatty acid is about 1% to about 5% of the composition.

4. The composition of claim 1, wherein the lecithin fatty acid is about 5% of the composition.

5. The composition of claim 1, wherein the olive oil fatty acid is about 15% to about 25% of the composition.

6. The composition of claim 1, wherein the olive oil fatty acid is about 15% to about 20% of the composition.

7. The composition of claim 1, wherein the olive oil fatty acid is about 20% of the composition.

8. The composition of claim 1, wherein the esterified fatty acid is about 70% to about 80% of the composition.

9. The composition of claim 1, wherein the esterified fatty acid is about 70% to about 75% of the composition.

10. The composition of claim 1, wherein the esterified fatty acid is about 74% of the composition.

11. The composition of claim 1, wherein the mixed tocophenols are about 1% to about 5% of the composition.

12. The composition of claim 1, wherein the mixed tocophenols are about 1% to about 3% of the composition.

13. The composition of claim 1, wherein the mixed tocophenols are about 1% of the composition.

14. The composition of claim 1, wherein the lecithin fatty acid is selected from the group consisting of palmitic acid, stearic acid, palmitoleic acid, palmitic acid, stearic acid, palmitoleic acid, oleic acid, linoleic acid and linolenic acid and mixtures thereof.

15. The composition of claim 1, wherein the olive oil fatty acid is selected from the group consisting of oleic acid, palmitic acid, linoleic acid, stearic acid and arachidic acid, and mixtures thereof.

16. The composition of claim 1, wherein the esterified fatty acid is selected from the group consisting of decanoic acid, lauric acid, myristoleic acid, myristic acid, palmitoleic acid, palmitic acid, oleic acid and stearic acid and mixtures thereof.

17. A pharmaceutical composition for treating and preventing an arthritis or other inflammatory joint condition, psoriasis, lupus, periodontal diseases or heart or cardiovascular condition comprising from about 1% to about 10% of a lecithin fatty acid, from about 15% to about 25% olive oil fatty acid, from about 70% to about 80% of an esterified fatty acid, about 1% to about 5% of a tocophenol, and pharmaceutically acceptable carriers thereof.

18. The pharmaceutical composition of claim 17, wherein the pharmaceutical

composition further comprises biocompatable polymers as protective colloids, suspensions or bulking agents, excipients, binders and carriers.

19. A method of treating and preventing an arthritis or other inflammatory joint condition, psoriasis, lupus, periodontal diseases or heart or cardiovascular condition comprising administering an effective amount of the composition of claim 1 to a subject in need of such treatment.

20. The method of claim 19, wherein the arthritis or other inflammatory joint conditions is selected from the group consisting of osteoarthritis, ankylosing spondylitis, cervical arthritis, firbromyalgia, osteonecrosis, Paget's Disease, bursitis, psoriasis, gout, carpal tunnel syndrome, juvenile rheumatoid arthritis, lumbosacral arthritis, psoriatic arthritis and rheumatoid arthritis.

21. The method of claim 19, wherein the subject is a mammal.

22. The method of claim 21, wherein the mammal is human.

23. The method of claim 21, wherein the mammal is canine or feline.

24. The method of claim 19, wherein the composition is administered via topical

application.

25. The method of claim 24, wherein the amount of the composition administered is about 1 to 15 mg/kg of body weight of said subject per day.

26. The method of claim 24, wherein the amount of the composition administered is about 3 to 10 mg/kg of body weight of said subject per day.

27. The method of claim 24, wherein the amount of the composition administered is about 5 to 8 mg/kg of body weight of said subject per day.

28. The method of claim 19, wherein the composition is administered orally.

29. The method of claim 28, wherein the amount of the composition administered is about 5 to 32 mg/kg of body weight of said subject per day.

30. The method of claim 28, wherein the amount of the composition administered is about 10 to 30 mg/kg of body weight of said subject per day.

31. The method of claim 28, wherein the amount of the composition administered is about 15 to 25 mg/kg of body weight of said subject per day.

32. The method of claim 28, wherein the composition is administered via a soft gel.

33. The method of claim 19, wherein the composition is administered once a day.

34. The method of claim 19, wherein the composition is administered twice a day.

35. The method of claim 19, wherein the composition is administered to a subject in combination with another compound or therapy effective to treat or prevent arthritis or other inflammatory joint conditions, psoriasis, lupus, periodontal diseases or a cardiovascular or heart disease.